

NUTRITION FOR THE PREGNANT TEENAGER

HEALTHY TIPS

EXERCISE

Exercise can help you feel better during your pregnancy and help prepare you for labor and delivery. Remember to check with your doctor before starting new strenuous exercises.

WATER

Drink plenty of water. You need 6 to 8 (8 ounce) glasses each day to help prevent constipation and keep your body functioning properly.

SNACKS

Limit foods such as sweets and soft drinks. You may get too many calories and not enough nutrients from those foods. Choose fruits, raw vegetables, boiled eggs, peanut butter, cheese on crackers, juice, milk, or popcorn instead.

WEIGHT GAIN

Due to their growing and developing bodies, teens should gain a minimum of 30 pounds by the end of their pregnancy. Your health care provider will plot your growth throughout your pregnancy. Steady weight gain is the key!

SMOKING

Avoid smoking! If you do smoke, try to quit or at least cut down. Second-hand smoke can also harm your baby.

ALCOHOL

Pass up alcohol. Researchers can't specify safe amounts, so it's best not to drink at all.

DRUGS AND MEDICATIONS

Always check with your doctor before taking prescription as well as over-the-counter medications.







CAFFEINE

Did you know chocolate, cocoa, coffee, tea, some soft drinks, and aspirin contain caffeine? Limit caffeine intake, to about 300 mg daily (approximately 2 cups of hot chocolate), as it may be harmful to your baby.

DIETING

Pregnancy is NO time to diet! This could impair the baby's growth and be harmful to your own health.

| | Foods | Serving Size | Number of Servings | Nutrients |
|--|---|---|---|---|
| Milk Products  | Milk* Cheese Yogurt Cottage Cheese Custard or Pudding Ice Cream *Use low-fat or skim milk in place of whole milk | 1 cup (8 ounces) 1½ ounces (2 slices) 1 cup 2 cups 1 cup 1½ cups | 5 daily | Calcium Vitamin A Vitamin D Riboflavin (B2) Protein |
| Whole Grains  | Bread Hot Cereal Cold Cereal Spaghetti or Rice Saltine Crackers Graham Crackers Pancakes Muffin Note: Count as 2 servings: 1 hamburger bun, 1 hot dog bun, 1 bagel, or 1 English muffin | 1 slice ½ cup ¾ cup ½ cup (cooked) 4 to 5 3 2 to 4 inch 1 medium | 6 daily | B Vitamins Fiber Carbohydrate |
| Protein Foods  | Fish, Meat or Poultry Macaroni and Cheese Pizza Peanut Butter Eggs Cooked Dried Beans or Peas Lunch Meat | 2 ounces 1 cup 2 slices 4 tablespoons 2 1 cup 4 slices | 3½ or more daily | Protein Iron B Vitamins |
| Fruits and Vegetables  | <u>Vitamin C – Every Day</u> Broccoli, Cantaloupe, Citrus Fruits, Juices, Tomato, Green Pepper, Dark Leafy Greens, Brussels Sprouts, Cauliflower, and Strawberries <u>Vitamin A – Every Other Day</u> Carrots, Dark Leafy Greens, Pumpkin, Sweet Potato, Winter Squash, Tomato, Dried Apricots, and Cantaloupe <u>Other Fruits and Vegetables</u> Choose other fruits and vegetables that are not listed above. | ½ cup or 1 medium or ¾ cup juice ½ cup or 1 cup raw leafy vegetable ½ cup or 1 medium | 1 daily 1 daily 3 daily | Water Fiber Carbohydrate |

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